



## Aya's Scroll

First, please remember that you really do control everything about your life. You planned all the major aspects in advance, so don't waste your time blaming chance or a fickle God or bad luck or whatever. Take responsibility, for everything. And when bad things happen, see them as opportunities to grow. Use your soul rather than human perspective and try to work out what the test is - after all, you set it for yourself - then try to pass it. And give thanks for your life, even more during the bad times than the good.

Second, don't waste your energy on negativity. Most of the time even when you're in physical form your thoughts and intentions still create the reality you experience - it's just that here the process is instantaneous, whereas down there it takes a while for things to manifest. So think positive. But also accept that sometimes you may be blocked from getting exactly what you want precisely because human life is supposed to include difficult tests. When that happens don't push against a locked door, just wait for the time to be right when it will open of its own accord. This is the meaning of the word surrender, and sometimes you'll need to do just that.

Third, work on your inner balance and contentment. Everything outside of you, even down to your beloved partner and children if you have them, has the potential to be taken away. Everything is ultimately impermanent, so love as much as you like, but don't get so attached to anything or anyone that you couldn't do without it or them. One day you may have to. Loving yourself goes right along with this. Always make regular time to do things that make you feel good, whatever they might be. Accept your faults, even if you're prepared to work on them, and never lose sight of your good points. There will be many, whoever you are.

Finally, balance coming from your heart and your head. Sometimes it's important to think something through logically, but if a decision is becoming a real struggle just stop and listen to your heart. It will know what to do. Above all, if you do nothing else, please remember my simplest of all messages. Choose love over fear every time. If ever you hear yourself worrying or being negative or angry or scared or jealous or whatever, just stop. Switch it right round.

Do the love thing. You know it makes sense ;-)  
Aya xx